

Having a Healthy Summer

Community Health Plan

Tips for a healthy SUMMERTIME

What thought comes to your mind when you hear the word: "Summertime!"? Is it hot weather? Is it sweating? Do you think about a sport? How about sunburn or heatstroke?

Community Health Plan would like to offer you tips on how to prevent and/or to treat some of the health problems that come with summertime.

Sunburn

Prevention

Limit exposure to strong sunlight to 15 minutes (especially between 11:00 am and 2:00 pm). Protect your skin with sun screen that has a solar protection factor (SPF) of 15 or above.

Signs and Symptoms

Redness, burning sensation, painfulness and blistering of the skin. Fever and/or headache.



Treatment

Soothe burns with a cool bath or a cold compress. Take pain medication for pain if needed. If skin blisters, do not cover the blisters but call your doctor.

Heat Exhaustion

Prevention

Do not exercise or work too long in hot weather. Drink plenty of fluids. Wear light-colored, loose clothing.

Signs and Symptoms

Pale and clammy skin, rapid pulse, excessive sweating, dizziness, nausea and/or vomiting.



Treatment

Move the person to a cooler site. If the person is conscious, lay him/her on his/her back with feet raised. If the person can swallow and breathe without difficulty, give water to drink. Loosen tight clothing. Fan the person.

Heatstroke

Prevention

Avoid exercising or working too long in hot weather.

Signs and Symptoms

Dry and hot skin, rapid pulse, confusion, seizures and/or loss of consciousness.



Treatment

Call 911 or go to an emergency facility **immediately**. Move the person to a cooler place. Remove clothing and wrap the person in a cold, wet sheet. Fan the person.

Insect Bites

Prevention

Wear trousers, socks and long-sleeved shirts when outdoors. Wear insect repellent. Install insect screens in windows.



Signs and Symptoms

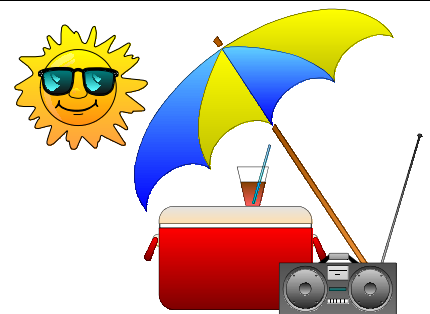
Swelling, redness, itching and pain. Numbness, headache, fever, dizziness and/or loss of consciousness.

Treatment

Remove any stinger. Wash the area with soap and water. Apply a cold compress. Seek medical attention **immediately** if reaction is severe.

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This article should not be considered specific medical advice, as each individual circumstance is different. If you need medical advice, talk to your doctor and do not rely on knowledge gained from this article. Office of Managed Care/Community Health Plan/Provider & Health Education Unit, 2001.

Please remember to show your Community Health Plan Card when you seek medical services and.... have a healthy and happy SUMMERTIME!



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